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**Bullying Prevention Programs**

**1-800-675-6900**

**Facebook:** *Nova Bucks* **Twitter:** *Novabuckscounty* **Website:** *www.novabucks.org*

**Tips on Handling Bullying**

* **Keep Cool:** *Try to avoid emotional or physical reactions in front of the bully.*
* **Be Confident:** *Self-confidence helps show the bully that their behaviors are not working.*
* **Walk Away:** *If possible, try to leave the situation.*
* **Speak Up:** *Tell a trusted adult at school and your parents about the bullying.*
* **Find Allies:** *Friends can help and support you during a bullying situation.*
* **Be Assertive:** *Stay calm and look the bully in the eye, in an important voice tell the bully to stop. Examples are "stop it" or "leave me alone."*
* **Do Something Unexpected or Kind:** *Bullies expect you to get upset or angry. Showing kindness or using humor tells the bully that you are confident.*
* **Get Help:** *If you are being bullied, it is very important to go to an adult you trust: parents, teachers, counselors, or NOVA*

**Tips for Upstanders**

* **Do Something:** *Brainstorm ways that you could show the target of the bullying behaviors that you support them, and show the bully that their behaviors are not acceptable.*
* **Be an Ally:** *Let the target of the bullying behaviors know that they are not alone, and that you dislike the bullying. Do not give bullying an audience.*
* **Talk:** *Talk to the person being bullied and remind them that it is* ***not their fault.***
* **Discuss Options:** *Discuss the options with the person who is being bullied, and if they wish, accompany them to speak with an adult.*
* **Be Assertive:** *Using a confident tone let the bully know that their behavior is affecting others.*
* **Help:** *Help to create a safe place to learn and have fun.*